



Pumpkin-Mania

Ginette Pierunek

<http://www.fullbodiednutrition.com>

Hello fellow pumpkin lovers!

Thank you for subscribing to our website. As promised, here are 7 delicious and healthy pumpkin recipes for you to try.

We hope you will let us know which one is your favorite!

Wishing you well,

Janice & Ginette



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Pumpkin Pie Tarts with Coconut Whipped Cream



Pumpkin Spice Warm Smoothie

1 serving
5 minutes

Ingredients

- 1/2 cup Water
- 1/4 cup Oats (rolled)
- 1/2 cup Pureed Pumpkin
- 1/4 tsp Pumpkin Pie Spice
- 1 tbsp Almond Butter
- 1 tbsp Chia Seeds
- 1/3 cup Unsweetened Almond Milk
- 1/2 Banana
- 1 tsp Maple Syrup

Directions

- 1 Add the water and oats to a saucepan over medium-low heat. Bring to a simmer and cook for 4 minutes. Add the pumpkin and pumpkin pie spice and stir.
- 2 Add the pumpkin and oat mixture to a blender along with the remaining ingredients. Blend carefully, allowing space for the heat to escape, until smooth and creamy. Serve warm and enjoy!

Notes

Serving Size: One serving is approximately 1 1/2 cups.

Nut-Free: Use another dairy free milk such as coconut.



Pumpkin Muffins

12 servings

40 minutes

Ingredients

2 tbsps Ground Flax Seed
1/3 cup Water
1/3 cup Unsweetened Almond Milk
1 tsp Apple Cider Vinegar
1 1/2 cups Oat Flour
1 cup Almond Flour
1 tsp Baking Soda
1/2 tsp Baking Powder
1 tsp Pumpkin Pie Spice
1/4 tsp Sea Salt
1 cup Pureed Pumpkin
1/2 cup Maple Syrup
2 tbsps Coconut Oil (melted)
1/2 cup Walnuts (roughly chopped)

Directions

- 1 Preheat the oven to 350°F (177°C) and line a muffin tin with liners.
- 2 In a small bowl mix the ground flax seed with water and set aside. In another small bowl add the almond milk and apple cider vinegar and set aside.
- 3 In a medium-sized bowl add the oat flour, almond flour, baking soda, baking powder, pumpkin pie spice and sea salt. Whisk to combine. In a separate large bowl add the pureed pumpkin, maple syrup, coconut oil, almond milk mixture and flax mixture. Whisk until combined.
- 4 Add the dry ingredients to the wet and stir to combine. Fold in the chopped walnuts. Fill each muffin liner about 3/4 full and place in the oven to bake for 30 minutes.
- 5 Remove from oven and let cool before serving or storing. Enjoy!

Notes

Leftovers: Store in an airtight container in the fridge for up to five days. Place in an airtight freezer bag for up to two months.

Serving Size: One serving is equal to one muffin.

No Walnuts: Use chocolate chips instead of walnuts.



Pumpkin Mac n' Cheese

4 servings
20 minutes

Ingredients

2 cups Brown Rice Macaroni (dry)
1 cup Unsweetened Almond Milk
1 tbsp Arrowroot Powder
1 tsp Garlic Powder
1/3 cup Nutritional Yeast
1 1/2 tsps Dijon Mustard
1 cup Pureed Pumpkin
1 tbsp Maple Syrup
Sea Salt & Black Pepper (to taste)

Directions

- 1 Bring a large pot of water to a boil and cook brown rice macaroni as per the directions on the package. When finished cooking, strain and run under cold water immediately to prevent from overcooking.
- 2 Meanwhile, heat milk in a saucepan over medium heat. Once the milk is steaming, whisk in the arrowroot until all clumps are gone.
- 3 Add the remaining ingredients and whisk until thoroughly combined. Turn down to low heat and cook until the sauce has thickened, about 5-6 minutes.
- 4 Pour the pumpkin sauce over the macaroni and mix well. Divide into bowls and enjoy!

Notes

Leftovers: Store in an air-tight container in the fridge for up to 5 days.

Spice Lover: Add chili flakes, hot sauce, paprika, cayenne, oregano and/or rosemary.

More Protein: Add cooked diced chicken, chickpeas or lentils.

More Vegetables: Add wilted spinach, kale and/or sauteed mushrooms.



Pumpkin Pie Overnight Oats

4 servings

8 hours

Ingredients

- 2 cups Oats (quick or traditional)
- 2 cups Unsweetened Almond Milk
- 2 cups Pureed Pumpkin
- 2 tbsps Chia Seeds
- 1/4 cup Maple Syrup
- 1 tbsp Pumpkin Pie Spice
- 1/2 cup Pecans (toasted and chopped)

Directions

- 1 In a large bowl, combine the oats, almond milk, pumpkin puree, chia seeds, maple syrup and pumpkin pie spice. Mix well. Cover and store in the fridge overnight or until set.
- 2 Once set, divide into jars and top with toasted pecans. Enjoy cold or warm in the microwave for a minute before eating.

Notes

Leftovers: Refrigerate in an airtight container for up to four days.

No Pumpkin Pie Spice: Use cinnamon instead.

No Pecans: Use any type of crushed nuts or hemp seeds instead.



Pumpkin Spice Latte

1 serving
10 minutes

Ingredients

- 1/2 cup Organic Coffee
- 2 tbsps Pureed Pumpkin
- 1 1/2 tbsps Maple Syrup
- 1/2 tsp Pumpkin Pie Spice
- 3/4 cup Unsweetened Almond Milk
- 1/2 tsp Vanilla Extract

Directions

- 1 Brew your coffee and set aside.
- 2 In a saucepan over medium heat, stir the pumpkin, maple syrup and pumpkin pie spice until combined. Slowly whisk in almond milk. Bring mixture to a low simmer, stirring occasionally and remove from heat. Stir in vanilla extract.
- 3 Transfer milk mixture to a blender and pulse several times until foamy and frothy. (You can also use a hand-held immersion blender instead.)
- 4 Add milk mixture to your hot coffee. You may want to use a spoon to gently hold back the frothy top layer while pouring. Top your latte with this remaining froth.
- 5 Top with a dollop of homemade organic whipped cream or coconut whipped cream (optional) and sprinkle with additional pumpkin pie spice. Enjoy!

Notes

No Almond Milk: Use coconut milk instead.

No Blender: Whisk vigorously by hand when the milk mixture starts to simmer on the stove. FYI, this will not create the same froth as a blender or immersion blender but still tasty!

Pumpkin Lover: Add an extra 1 tbsp of pureed pumpkin per serving.

Homemade Pumpkin Spice: Mix 1/4 cup ground cinnamon, 4 tsp ground nutmeg, 4 tsp ground ginger and 1 tsp ground allspice. Store in an air-tight container.

Caffeine Free: Replace coffee with additional almond milk.



Pumpkin Spice Chia Pudding

2 servings
30 minutes

Ingredients

- 1/4 cup Chia Seeds
- 3/4 cup Unsweetened Almond Milk
- 1/4 cup Pureed Pumpkin
- 1/2 tsp Pumpkin Pie Spice
- 2 tbsps Unsweetened Coconut Yogurt (divided)

Directions

- 1 In a large bowl, combine the chia seeds with the almond milk, pumpkin and pumpkin pie spice. Whisk well, making sure all the seeds are incorporated. Refrigerate for at least 20 minutes or overnight to thicken.
- 2 Top the chia pudding with the coconut yogurt and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to five days.

No Almond Milk: Use coconut, cashew, hemp or oat milk instead.

Likes it Sweet: Add a drizzle of maple syrup or honey on top.

Additional Toppings: Top with nuts, seeds and/or fruit of choice.

More Protein: Add a scoop of collagen or protein powder when you add the chia seeds and stir to combine.



Pumpkin Pie Tarts with Coconut Whipped Cream

12 servings
1 hour 30 minutes

Ingredients

- 1 cup Almonds
- 1 cup Cashews
- 1 Egg
- 1/4 cup Coconut Oil (melted and divided)
- 1/3 cup Maple Syrup (divided)
- 1 tsp Vanilla Extract
- 1 tsp Cinnamon
- 1/2 tsp Sea Salt
- 2 1/4 cups Pureed Pumpkin
- 1/3 cup Unsweetened Almond Milk
- 2 1/2 tbsps Arrowroot Powder
- 2 tsps Pumpkin Pie Spice
- 1 1/2 cups Organic Coconut Milk (full fat, refrigerated overnight)

Directions

- 1 Pulse the almonds and cashews in a food processor. Add egg, 3/4 of the coconut oil, 1/5 of the maple syrup, vanilla extract, cinnamon and 1/2 the sea salt until a crumbly dough forms.
- 2 Preheat oven to 350°F (177°C) and line a muffin tray with parchment cups.
- 3 Lay a piece of parchment paper on the counter. Place your dough onto the parchment and pat into a ball.
- 4 Place another sheet of parchment on top of the dough (this prevents the dough from sticking to the rolling pin). Gently roll the dough to 2 to 3 mm thickness and cut using a (3.5-inch) cookie cutter. Repeat until all the dough is used up.
- 5 Gently press each cut-out into a parchment cup to form the crust. Set aside.
- 6 Make your pumpkin filling by combining pureed pumpkin, the remaining 4/5 of maple syrup, almond milk, the remaining 1/4 of melted coconut oil, arrowroot powder, pumpkin pie spice and the remaining 1/2 of the sea salt. Spoon pumpkin filling into each tart.
- 7 Bake for 45 minutes. Remove tarts from muffin tray and let cool. Serve warm or refrigerate at least 6 hours or overnight for a firmer filling.
- 8 In the meantime, make the coconut whipped cream. Scrape the coconut cream from the top of the can into a large mixing bowl. The cream should have separated from the coconut juice after being refrigerated.
- 9 Whip the coconut cream with a hand mixer until fluffy, about 5 to 10 minutes. Place in fridge until ready to use. (Note: it will not be as stiff as dairy whipped cream.)

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When ready to serve, add a dollop of coconut whipped cream to each pumpkin pie tart. Enjoy!

Notes

No Arrowroot Powder: Use tapioca flour instead.

Homemade Pumpkin Pie Spice: Mix 1/4 cup ground cinnamon, 4 tsp ground nutmeg, 4 tsp ground ginger and 1 tbsp ground allspice. Store in an air-tight container.

Pumpkin Pie Squares: Press dough evenly into a parchment-lined rectangular baking dish. Spread pumpkin filling evenly across the crust. Bake for 45 min. Let cool and/or refrigerate 6+ hours. Slice into squares and top with coconut whipped cream when ready to serve.